

MATERNAL MENTAL HEALTH: WHAT FAMILIES NEED TO KNOW

ANXIETY: PART 2

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ANXIETY

- ▶ American College of Obstetrics & Gynecology recommends at least 1 anxiety screening prenatally
- ▶ 20% of Perinatal Mood & Anxiety Disorders are anxiety
- ▶ 60% of moms with depression also have anxiety

POST TRAUMATIC STRESS DISORDER (PTSD)

- ▶ Overly used term to define a stressful event
- ▶ Est. 9% of birthers
- ▶ Feeling powerless in birth experience = higher risk

PTSD: CRITERIA

- ▶ Exposure to actual or threatened death, serious injury or sexual violence
 - ▶ direct experience
 - ▶ direct witnessing
 - ▶ learning that a close family member/friend's experience
 - ▶ extreme, repeated exposure

PTSD: CRITERIA

- ▶ 2 or more after the event (1 month):
 - ▶ irritable/angry outbursts
 - ▶ reckless/self-destructive
 - ▶ hyper vigilant
 - ▶ exaggerated startle
 - ▶ difficulty concentrating
 - ▶ sleep disturbances



PTSD: CRITERIA

- ▶ 2 or more:
 - ▶ unable to remember details of the event
 - ▶ persistent & exaggerated beliefs
 - ▶ persistent, distorted thoughts
 - ▶ persistent negative state
 - ▶ lack of interest/participation in activities
 - ▶ feeling detached

PTSD: CRITERIA

- ▶ 1 or more:
 - ▶ recurrent, intrusive memories
 - ▶ dreams/nightmares
 - ▶ flashbacks
 - ▶ intense distress at symbols of event
 - ▶ physiological reactions

PTSD: CRITERIA

- ▶ Persistent avoidance of stimuli
 - ▶ avoiding memories of event
 - ▶ avoiding people/places associated with event



POSTPARTUM PSYCHOSIS

- ▶ Very rare (0.1-0.2%)
- ▶ Usually sudden/in the 1st 2 weeks postpartum
- ▶ Most significant risk factor
 - ▶ personal/family history of bipolar disorder or previous psychotic episode
- ▶ 5% suicide rate
- ▶ 4% infanticide rate

PSYCHOSIS

- ▶ delusions/strange thoughts
- ▶ hallucinations
- ▶ decreased sleep need/unable to sleep
- ▶ paranoid/suspicious
- ▶ hyperactive
- ▶ irritable
- ▶ rapid mood swings
- ▶ difficulty communicating

PSYCHOSIS

- ▶ Delusions aren't always violent
- ▶ “Break” from reality
 - ▶ delusions now seem real
 - ▶ being “told to act”
 - ▶ often religious
 - ▶ Seek help ASAP

▶ **Resources for help**

- ▶ postpartum.net
- ▶ womensmentalhealth.org
- ▶ mmhla.org
- ▶ I-800-PPD-MOMS
- ▶ I-833-9-HELP4MOMS
- ▶ 9-8-8
- ▶ [“MyBlue” Pregnancy portal page](#)
- ▶ [“MyBlue” Mental & Behavioral Health](#)
- ▶ Programs Enhancing Member Health & Wellbeing

